Tuna Salad Sandwich350

Number of Servings: 350 (156.77 g per serving)

Amount	Measure	Ingredient
35.00	lb	Fish, tuna, light, w/water, drained, unsalted, cnd
178.00	ea	Eggs, hard bld, lrg
8 1/2	qt	Mayonnaise, light
2 1/2	qt	Relish, pickle, sweet
6.00	Tbs	Spice, onion, powder
6 1/2	cup	Pimentos, cnd
700.00	pce	Bread, whole grain, slice

Nutrients per serving

Nutrition Facts

Serving Size (157g)
Servings Per Container

Amount Per Serving

Calories 310	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 130mg	**43%**
Sodium 550mg	**23%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**16%**
Sugars 8g	
Protein 20g	

Vitamin A 8% • Vitamin C 6%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* Cook eggs and chill quickly to 40 degrees or less. Adding 1/2-1 t. salt/quart of water in which eggs are cooked (bring to boil and simmer for 5 minutes) makes them easier to peel when chilled. Drain off hot water and cool with cold water poured off several times in cooling process. Refrigerate over night. Peel and chop for recipe.
* Drain tuna, pressing lightly to fully drain, (most brand ~1/3 of weight = liquid) and chill overnight to 40 degrees or less. WEIGHT of tuna is after drained. Subtract ounces of liquid drained from can total to determine drained weight.

Combine cold light mayonnaie, pickle relish, onion powder and pimiento and add to eggs and tuna. Mix lightly.

Wash hands and put on clean gloves.
Assemble filling and bread. Portion filling with #10 scoop onto 1/2 of slices, spread and place another slice of bread on top. Package those for home delivery in sandwich bags. Put others in sealed container to keep fresh until meal service. Refrigerate at 40 degrees or less.

Serve 1 sandwich (2 bread, #10 scoop of tuna salad filling) with gloved hand unless packaged in sandwich bags earlier.
1 sandwich = 2 oz meat subst, 2 grain product servings.
1 sandwich = 30 grams CHO = 2 carb servings